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can be observed, it would seem, in the diffusion of tools and rational techniques from *los correctos* to *los tontos*.

The materials which can be offered here are too scanty to permit even a beginning of such a study. They are indeed inadequate to give a balanced description of all the commoner practices in connection with life-crises. But they may be offered so that the merely depictive aspect of this study may be more nearly complete, and so that the cadence of a Tepoztecan life may be at least outlined.[1]

A pregnant woman keeps largely to the seclusion of her own home. There are no important taboos on women during pregnancy. "If she suddenly wants to eat something, and cannot get it, she takes *tzacxochitl*[2] so that the child will not fall." After three months of pregnancy she goes to the *barranca* to bathe. She may do this many times before the birth.

When the time of delivery comes, she is assisted by a midwife [S. *partera;* N. *amantecatl*]. The midwife cuts the umbilical cord with scissors, measuring four fingers' length from the child. Then the cord is carefully tied with cotton thread which has been doubled or quadrupled and the end of the cord is burned well with a tallow candle in order that it may not bleed. Tallow from the candle is put on the thread, and the child is tied up with a band. In about three days the cord will fall off, but every day until that time fresh tallow is put on. When the cord has fallen, tallow is put on for the last time. The umbilical cord is preserved

[1] The materials on birth customs were secured by Margaret Park Redfield. They were nearly all obtained from one informant, a woman of middle age, who had borne nine children. She represents the typical *tonta;* and it is probable that what she described is characteristic of the majority of births in Tepoztlán. Information on marriage customs is much less complete; it was obtained from three informants, two *tontos* and one *correcto*. That on death customs is more complete, and probably the customs here vary little from family to family. The writer attended many funerals.

[2] *Laelium* sp. She takes an infusion of the pseudo-bulb.

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for use as a remedy for eye trouble. In correct practice the afterbirth is buried in the hearth [*tlequil*]. Ashes are put over it and then the fire is lighted.[1] "Some throw the afterbirth into the *corral* but this is not good because then the mother suffers."

Just before and just after the birth the mother may take an infusion of a plant known as *tlatlantzcametl*.[2] The child is bathed "usually about six hours after birth but always at eleven or twelve in the morning because it is warmer then." Rosemary is boiled with water and put in a washbasin with a small cup of alcohol. As the child is being bathed, still more alcohol is thrown on its head. It is given to wear a shirt of unbleached muslin, a cap or bonnet, and a diaper, and wrapped in a sheet and cotton coverlet. After bathing the child the midwife receives *clemole*, beans, a cup of wine, and a box of cigarettes.

The new mother, who is supposed to stay in bed or at least to remain at home for a month, is cared for during the first week by the midwife, and after that by her own mother. The midwife comes every day and binds up the patient with the *ceñidor*. She makes a doll of rags and ties this against the patient's abdomen. The doll is worn for a month and a half, from the first day on. During the first week the new mother and the midwife, who must eat the same food as her patient, observe food restrictions. For breakfast the mother may not drink coffee, or chocolate, but only warm cinnamon water, which is taken with bread. She may also eat dried meat toasted in the *comal* with a small amount of *chile pasilla*. For dinner some eat nothing but *clemole*, but with washed *chile* and no onion. The patient cannot take food that is very hot or very cold. Milk will chill the stomach. She cannot eat honey, sugar cane, or eggs. During the first two days after the birth the relatives, friends, and neighbors all come to visit. They bring with them pitchers of cinnamon water, or, if it is noonday, jars of *clemole*. After the first three days it is well to give a new mother *necuatole*, which is *atole* of cinnamon made with wild fowl.

[1] Sahagun tells us that the umbilical cord of a girl was so disposed of by the Aztecs.

[2] Unidentified.

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851 mass. This is the *sacamisa*. This is one of the most important occasions in the life of the child. After the mass, there is a cele-
[574] bration at the home of the child, attended by its relatives; *mole poblano*, reserved for the most important *fiestas*, is served.

753 There are special dangers and sicknesses to which a newborn child or the mother is particularly liable. The dangers from *el espanto* ["the fright sickness," later described] are greater then.
[754] Small children are especially subject to *el daño* ["the evil eye"] and to *los aires* [diseases caused by the evil spirits of the air]. *Ixtlaxolcocoliztli* ["clouds-in-the-eyes-sickness"] is a disease [probably *ophthalmia neontorum*] common to infants. The symptoms are blood and pus coming from the eyes. It is thought to be caused by the presence near the infant of a man or a woman who has recently had sexual intercourse. It may be cured by
755 administering a remedy composed of the umbilical cord of a
[846] boy, that of a girl, some raisins, the leaves of *tzitziquilitl*,[1] and
824 the flowers of *sauce*.[2] It is also treated with *Sal de Colima*. This salt is ground and then placed in the form of a cross on the child's tongue with the pestle [*tejolote*] which has first been scrubbed with *estrepaco*. If a nursing child vomits, the mother's breasts
853 are washed with an infusion of *tlamatlantli*.[3] Then the child is
[824] allowed to nurse. The mother may take this infusion internally.
856 If a child experiences difficulties during teething, a fly may be caught and boiled with cumin seed. A little of this administered to a baby will make its teeth come out.

853 If the mother dies, a wet nurse [*nodriza* or *chichina*] is sought. "She earns twenty *pesos* a month and her food." If the family
[465] cannot afford a wet nurse, they give sweetened milk flavored
[262] with chocolate, cinnamon, or coffee. "But then the child usually dies."

Children are nursed by the mother for two years or more, although milk is early supplemented by adult food. Food given
[262] in early life is bread, *tortillas*, milk, beef, bean soup, and macaroni soup. All bananas, except the large, long variety, are considered harmful as causing constipation. Rice is bad for the same

[1] *Bidens leucantha* (L.) Willd.

[2] *Sambucus mexicana* Presl. [3] *Solanum madrense* Fernald.

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CHAPTER IX

MAGIC AND MEDICINE

121 It is not merely convenient to discuss magic and
●755 medicine together; it is almost inevitable. In Tepoztlán, as among other simple peoples, the two fields very largely overlap. Medicine is to a great degree magical, and most current magical practices are also medical. Partly because the rational cure of disease depends on a great body of accumulated knowledge and experimentation, and perhaps partly because the mere expression of a wish to be cured is sometimes effective, magical behavior persists longer in the field of medicine than in almost any other field of human concern. The separation of magic and medicine is, in a sense, a unique event; and even in modern Western society the separation is yet incomplete.

755 In Tepoztlán the only generally recognized and practiced body of magic has to do with medical cures.
[754] Black magic exists in the form of witchcraft; in the present study materials are largely lacking, but it is probably not uncommon. It is, however, surreptitious, and is entering, to the people themselves, into the limbo of superstition. White magic takes in gen-
[751] eral the form of amulets and talismans,[1] conveying to the wearer the protective power of priest or *santo*. But in the case of the treatment of disease, there is a large

[1] See Gamio, *La población del valle de Teotihuacan*, II, 220. Perhaps older folk amulets, not involving Catholic symbols, are also used in Tepoztlán.

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body of public knowledge, of positive practices, which are fixed, traditional, and, in general, magical. 755

The extent to which manifestations of the morbid are segregated and distinguished as diseases is nowhere very definitely fixed. The number of diseases known is determined simply by the number of names. Any cluster of symptoms may be isolated and given a name; a new disease is thereby created. So the extent to which diseases and treatments are discriminated in Tepoztlán probably varies greatly with the experience and special interests of the individual. It would seem advisable, therefore, to exhaust the medical knowledge of a number of individuals separately, in order to describe the range of medical knowledge in Tepoztlán. In the present preliminary investigation this was not done. The materials come largely from two informants, a *tonta* and a *correcto*. Both described essentially the same symptoms and the same treatments for the more conspicuous diseases. The educated man knew little about herbal remedies, but made more distinctions in medical terminology.[1] The less educated woman showed detailed familiarity with the manifestations and mode of treatment of the diseases designated below as "folk diseases" and a vast acquaintance with herbal medicine. 753 [565]

Of the diseases recognized and treated in Tepoztlán [757]

[1] Fever generally is known as *totonializtli*. Typhoid is *cocolotzintli*, malaria is *atonahuiztli*, pneumonia is *ahcolcocoliztli* ("sickness of the shoulders"). *Ihtecualiztli* is dysentery. *Tzintecopalicihuiztli* is diarrhea with tenesmus. *Yezhuetzi* is hemorrhage. *Necoxonilli* is probably hernia. *Tzompilahuiztli* is catarrh. *Tlatlaziztli* is an ordinary cough; *chichitlatlaziztli* is a hard, racking cough ("a dog's cough"). [192]

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which the individual comes to feel are beyond his control, are thought of as morbid entities. The folk practitioner diagnoses them and treats them like any disease.

La mohina ["fretfulness, peevishness"; no Nahuatl term given] is very common. "It is when one has become very angry. One may even get so angry one cannot get over it, but dies. Many things may cause it. For example, one may come to my house, and after he leaves I miss some object I prize. I blame the caller as the thief and get very angry. Or I may break something I am fond of and so get very angry. Children do not get this disease." The remedies are various quieting drinks. Spiced drinks are common, a tea made of lemon leaves, and especially an infusion of turnip peels.

El espanto ["the fright," "the terror"; no Nahuatl term given]. —"One trembles and grows weak and does not wish to eat. Anything frightening may cause it, as, for example, when you wake up suddenly in the night having seen a ghost [*muertito*]." The patient is bathed with laurel that has been blessed by the priest and with orange and shaddock peels which have been placed on the altars during Holy Week.[1]

Diseases thought to be caused by possession by evil spirits, so common in Mediterranean Europe, are apparently absent in Tepoztlán, perhaps because not characteristic of American Indian thought. On the other hand, the idea of the Evil Eye, just as little characteristic of the American aborigines, has been introduced by the Spaniards and is common all over Mexico.[2] The present materials do not contain any reference to the affliction by the name of the Evil

[1] *El espanto* is described from a village in Tehuantepec by Frances Toor in *Mexican Folkways*, No. 7 (1926), p. 31. There the cure consisted of making the sign of the cross, massaging with herbs, and prayers and invocations.

[2] In the state of Mexico, Gamio, *op. cit.*, II, 258; in Tehuantepec, Starr, *Notes on the Ethnography of Southern Mexico*, p. 52; in New Mexico, Espinosa, art., "Notes on New Mexican Folklore," pp. 395 ff.

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753 Eye; it is referred to as *el daño* ("the hurt," "the in-
754 jury"). There is a Nahuatl term, *oquitzahtzitihque* ("making cry"), and this is the significant symptom.

Children cry and cry, and sigh and sigh, and cannot be comforted. Only children get this disease. It comes after they have been praised in their presence by someone. After the visitor leaves, the child cries and refuses to be comforted. One eye, usually the left, gets very small [*chiquitito*]. The child sighs and complains. Children may die of it. The gall bursts [*quichichicatlapana*] and so they die. Not everyone can cause *el daño*. Only those who have bitter hearts [*yolchichihque*].

The baby is crying today because yesterday you took him to *los toros*, and while he was there some one said, "How pretty! What red cheeks he has!" So now of course he is crying. You
● 755 should fumigate [*sahumar*] him over leaves of laurel and palm and cedar arranged in the form of a cross in a brazier or a potsherd. Or take twelve *chile* seeds and arrange them in the form of a cross on the *tepalcate*.[4] The child should be held in the smoke first horizontally and then upside down.[1]

If you can find out who caused *el daño*, you must get some *xaltecopalli*.[2] This is gathered on the hills. You can buy it here in the *hierberías*. If a man caused it, make a figure of a man of copal; if a woman, make a figure of a woman. Throw the figure in the fire, and the baby will get well.

753 The most important single concept of disease is de-
776 fined not in terms of symptoms, but in terms of causation—of supernatural causation. By far the commonest single explanation of sickness to be given in Tepoztlán is that the afflicted one has been attacked by *los aires* ("the airs," "the winds"). *Los aires*[3] are the evil

[1] This is very reminiscent of an ancient Aztec practice.

[2] "Sand-stone-copal." It has small hard granules in it.

[3] Based on the accounts of four informants, which were supplementary in regard to minor details.

4 [i.e. potsherd - ANALYST]

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spirits of the air. They are found wherever there is water—at water tanks, in ravines, at public washing-places, in the rain. They are thought of as very little people. The sure diagnostic feature is their appearance in dreams to the person afflicted; he sees them scolding him and striking at him. Then he knows that he has offended them.

Los aires[1] may cause all sorts of mischief. Mere stumbling may be attributed to them. There are certain very characteristic symptoms, however. They disfigure the mouth (*tecamacolohua*); they bring spots (*texiomaca*); they bring pimples or sores (*tezahuama*); they cause palsy (*tecohcototzohua*). Paralysis and scab-like sores are especially attributed to them.

An important part of the treatment for this disease is washing with certain herbs.[2] There are also several internal remedies. Powdered woodpecker's head is one of these. Amulets[3] are worn to keep away the disease. People are careful to keep away from places where water collects. It is dangerous to bathe in the open for this reason.

The washing with herbs should be done at the intersection of two streets. When it is completed, the bundle of herbs is flung away and everyone rushes into the house without looking back. Often the washing with herbs includes fumigation with the smoke of a cigarette.

[1] The name is applied to the beings as well as to the disease.

[2] Esp. *Piqueria trinervia* Cav. and *Salvia microphylla* H.B.K.

[3] Commonly the seeds of *Mucuna*, perforated and equipped with bits of colored yarn.

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755 782 [753] 776 [195] An essential part of the treatment is the conciliation of the offended spirits. The Nahuatl name for the disease is *yehyecahuiliztli* ("wind disease"). The word for "winds" is simply *yehyecame*. But when the spirits are referred to, they are described with the very respectful suffix *yehyecatzitzin*. The conciliation consists in leaving gifts to *los aires* at the place where these spirits became offended, and where, consequently, the disease was contracted. It is the *curandera* who arranges the gift and takes it to the ravine or washing-place. The offering must include *tamales*, and often other food and cigarettes. An apparently invariable part of the gift is a doll. This is usually locally made, of bits of cloth. It should have red cheeks. Somewhere about it is tied a bit of colored yarn. "*Los aires* would not take the gift without this."

I had *los aires* when I was younger. They came because I went to Axihtla and there I washed my whole body. So *granos* came all over my body. See, there are still a few here on my hand. My mother went to an *ancianita* and asked her to cure me. [465] We paid the *ancianita* four *pesos* and besides we had to pay for the gifts to *los aires*. She steeped *alta reina* and *mirto*[1] in a bowl. My father smoked a cigarette and mixed the smoke with the herbs. Then the *ancianita* washed my body, carefully, with the herbs. Then the cigarette was taken out of doors and thrown over the house. The herbs were wrapped in cornhusks and thrown over the house too. This is always done. Otherwise *los aires* would come to anyone who might pick up the herbs.

The *ancianita* took the gifts to the water tank at Axihtla and left them there for *los aires*. She took a doll, two limes, an orange, three toys of clay, and four cigarettes tied with yarn. After a while I got well.

[1] The herbs just named.

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Sometimes *los aires* demand a chicken [*Piden un pollo*]. Then you take a live chicken and tie it by the water tank or wherever the sickness came, and leave it there until it dies. If you ate it yourself you would die.[1]

Los aires are apparently the extant representatives of some or all of the many specialized deities of disease of the ancient Aztecs. The change they have undergone is that experienced by the European gods that became fairies and goblins. It would seem that the *ahuahque*[2] are also the descendants of pre-Columbian deities;[3] but so far as the present materials go,[4] the

[1] Told by a girl about thirteen years old, a *tonta*. [2] See p. 121.

[3] It seems probable that *los aires* are in part, at least, the *tlaloques*, the minor gods of rain. The doll is probably the twentieth-century manifestation of the dough images offered in propitiation. "Todos los montes eminentes, especialmente donde se arman nublados para llover, imaginaban que eran dioses y a cada uno de ellos hacían su imagen según la idea que tenían de los tales. Tenían también imaginación de que ciertas enfermedades acometían, hacían voto de hacer fiesta y ofrenda a tal o tal monte de quien estaba mas cerca, o con quien tenía mas devoción. También hacían semejante voto aquellos que se veían en algun peligro de ahogarse en el agua de los rios, o de la mar. Las enfermedades porque hacían dichos votos era la gota de las manos, o de las pies o de cualquiera parte del cuerpo, y también el tullimiento de algun miembro, o de todo el cuerpo; también el embaramiento del pezcuezo, o de otra parte o encogimiento de algun miembro, o el pararse yerto. Estos tales a quienes estas enfermedades acontecían, hacían voto de hacer las imagines de los dioses que se siguen: a saber del dios del aire, de la del agua, y del dios de la lluvia . . . ." (Sahagun, Book I, chap. xxi). Sahagun goes on to tell how the afflicted one asked the priest to prepare and offer the image and describes the ceremony then held.

Probably other ancient gods contribute to the present folk concept. "Estas diosas llamadas Civapipilti eran todas las mugeres que morían del primer parto, a las cuales canonizaban por diosas, según esta escrito en el 6 libro, en el capitulo 28; . . . . estas diosas andan juntas por el aire, y aparecen cuando quieren a los niños y niñas los empecen con enfermedades, como es dandolas mal de perlesía, y entrando en los cuerpos humanos. Decían que andaban en las encrucijadas de los caminos, y por esto les padres y madres vedaban a sus hijos y hijas que en ciertas días del año en que tenían que descendían estas diosas, no saliesen fuera de casa, porque no topasan con ellos, y no les hiciesen algun daño . . . ." (*ibid.*, chap. x).

[4] But see Frances Toor, art., "Cures and Medicine Women," p. 18.

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178 *ahuahque* are the mountain-dwelling, terrifying gods
776 of thunder and rain, and are not connected with disease.

●755 These limited materials suggest that in general the
757 medical treatments in use in Tepoztlán are like those of all folk communities—a stock of traditional curative acts tending to be ritualistic. But, to a certain
[369] extent, there is available to an afflicted invididual the choice of applying remedies of the city. Not a few have lived in the city and have learned to use some of
[278] the drugs in official pharmacopeias. One or two in-
[444] dividuals in Tepoztlán keep a few commercial drugs on hand for sale. There are drug stores in Cuernavaca, and not infrequently an individual, even a *tonto*,
[484] will walk there to secure a medicine. A prolonged
[752] toothache, which has survived the ministrations of the herbalist, may cause the sufferer to go to Cuernavaca to have the tooth extracted.

177 It might be supposed that this choice of remedial
757 systems would in time bring about an experimental attitude on the part of Tepoztecans and favor the extension of rational conduct in the treatment of disease and the corresponding diminution of magical behavior. A collection of cases might show the mech-
[369] anisms of the process. What affect the city ways are having on the attitude toward disease is, however, probably slowly felt, and so far the traditional cures are paramount. During two or three months of 1925
[759] or 1926 a Bulgarian doctor,[1] one of the few Europeans

[1] Known to the Tepoztecans as a German.

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to take up residence in Tepoztlán, attempted to develop a practice of medicine in this community of over four thousand. Although well liked, he was unsuccessful in his attempts to secure a practice; people continued to go to the herbalists, and he moved to Yautepec. It seems probable that the city treatments are, at first, simply incorporated into the general body of magical practices. Like people in distress everywhere, a Tepoztecan turns first to the cure with which he is familiar; if it fails, he turns to one less familiar, perhaps a more grossly magical practice from a mental world he has in general left behind him, perhaps an alien practice of the outside world into which he has not yet come.

The baby son of J. S., perhaps the best-educated man in Tepoztlán, a leading *correcto*, fell sick of an intestinal disorder on Monday. On Tuesday J. S. went to the shoemaker to get some medicines from him. The shoemaker prescribed opium and mercury pills and advised that the baby's stomach be rubbed with cold water. This was done. The baby was no better Tuesday, and J. S. sent to Yautepec to ask the doctor there for medicine. Meanwhile the baby grew worse, and J. S. rode up into the hills to find a kind of rose which is frequently steeped to make a remedy for intestinal troubles. This was administered to the baby. At night a patent medicine arrived from the doctor. The following day the baby was no better. On the advice of a neighbor the baby was given more herbal remedies, and its stomach was rubbed with suet. Meanwhile little care was taken with modifying the sick child's food. The next day the doctor came and the child was cured.

R. C. is a man who has spent a short time in Mexico City. He can be described as a *tonto* more sophisticated than most. One

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spring day he was on his way to San Andres to collect money due him for cattle sold on credit. Becoming tired, he rested beside the crosses at Cuicuitzcatla. He fell asleep, and while sleeping was soaked in a rainstorm. Next day he fell ill, and dreamed that little people were attacking him. He knew that in the rainstorm *los aires*, offended, had attacked him. So he went to a *curandera* in Tepoztlán. She washed him with herbs and directed that he get a live chicken and have *tamales* made to give to *los aires*. She told him that the dolls made in Tepoztlán were not good enough for *los aires* in a case as serious as this, and that he should get a doll from the stores in Mexico City. This he did. But at the last minute the *curandera* stole the doll from the tray which she was taking to Cuicuitzcatla, and *los aires* did not receive it. Someone saw the *curandera* take the doll, and told the patient. He did not get better. He went then to a doctor in Mexico City, who treated him for several weeks, without improvement. In increasing distress R. C. heard of a spiritualist who had come to Yautepec and was curing people through the medium of the spirits. R. C. went to him, but again no cure was effected. He was then urged to try a *curandera* at Santiago who specialized in curing *los aires*. She told him that *los aires* had been enraged by the loss of the doll, and that he must do it all over again. The washing with herbs was repeated, and a new and larger doll obtained. Finally the *curandera* arranged "the last cure" [*la ultima cura*]. R. C. walked to Cuicuitzcatla. On one side of him walked a musician playing a flute to conciliate *los aires*, and on the other side a man with a whip who beat R. C. at intervals to show *los aires* his penitence.

The abandonment of the older, more magical, more ritualistic treatment probably takes place first in the case of the minor disorders. Some traditional remedial acts tend to pass under scrutiny and to be justified because of the rationally comprehended means they employ to achieve the desired result. There is, for example, a notable difference in the way the sweathouse

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754 him revert to human form. *Naguales* have the power to enter houses, even when doors are closed, can steal anything, and can quietly carry off girls by putting them into a deep sleep. To prevent thefts by *Naguales* a cross is marked on the bottom [789] of *metates* which then become too heavy for the *Nagual* to lift. Some *Naguales* [778] will steal girls for a sum of money. *Naguales* cannot be wounded by a knife or a gun, and it is impossible to hit them or throw stones at them because of a secret [776] power which defends them. Some people believe that El Tepozteco can turn himself into a *Nagual* and that he is their chief.

753 *Los aires* are mysterious forces, variously thought of as winds, spirits, or little people who may cause sores, pimples, paralysis, and other illnesses. They are found 755 in stream beds, ravines, in stagnant pools, and atop the highest hills. Tepoztecans [776] are careful to avoid *los aires* and not to offend them. Some old women still say certain Náhuatl phrases asking permission of *los aires* to take water from the stream. [312] Those who must pass by stagnant water after bathing in a *temascal* must drop some [751] of the leaves, with which they dried themselves, into the pool in order to avoid headaches, earaches, or watering of the eyes. To get rid of these afflictions one must be cleansed with salt and yarrow leaves which are afterward thrown into the middle of the street. Sometimes when a person eats beside a stream or near a ravine, he will be attacked by *los aires* and will have a headache and fever. The illness is treated by cleansing the person with herbs, which are then thrown into the stream [787] or ravine. If the sick person continues to have fever and dreams of canes, water, or food, it means that *los aires* struck him very hard and must be fed. *Mole*, tamales, [782] and fruit are prepared, and a special loaf of bread in the shape of a doll is ordered from the baker. The doll is decorated in red, and the meal, adorned with red crepe paper, is carried to the suspected stream and left there.[10]

242 *Los aires* are also believed to take refuge in anthills, and one who disturbs an 825 anthill may suffer grave injury. For this reason no Tepoztecan dares open an ant- [776] hill to remove the queen ant, despite the fact that the local variety of ants is very [753] voracious and can destroy an entire cornfield. When a farmer discovers an anthill in his field he will place food, such as mango leaves, around the hole, so that the ants will not eat the corn. The farmers sometimes place poisonous leaves at an anthill, but the ants soon learn not to eat them. Some of the more advanced farmers use chemical products including D.D.T. to kill the ants but even the most educated will not open an anthill.

753 Informants relate that not long ago a man, not of Tepoztlán, used to sell ant dung as fertilizer. He collected the material from anthills, but after six months of this work he fell ill, became badly crippled, and died. The same thing happened to the uncle of one of our informants; after opening an anthill he spent eight years in bed, crippled and inflamed from the effects of *los aires*.

787 Belief in good and bad omens continues in Tepoztlán. These beliefs are innu- 171

[10] In Redfield's account a real doll, with red cheeks and decorated with colored yarn, is used. The bread doll is more closely reminiscent of the dough images offered in propitiation in pre-Hispanic times.

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merable and not unlike many reported in other studies of rural Mexican communities. Omens are seen in the cry of the opossum, the entry of a bat into the house, the howling of a dog at midnight, the rainbow, the death of a snake within the house, the songs of certain birds, an egg laid without a shell, an egg with a double yolk, and many more such phenomena. When an evil omen appears in a home, the entire family feels threatened, not knowing upon whom misfortune will fall, and for a time everyone takes extra precautions against accident. Sometimes a favorite saint is appealed to or a powerful *curandero* is sought out, but more often the family does nothing, and the sense of apprehension soon wears off.

Evil supernatural forces can be made to act or can be counteracted by sorcerers and witches who receive their power from the devil. Witches are thought to be most active on Tuesdays and Fridays, and some people take extra precautions to hide soiled clothing or not to accept gifts of food on those days. Several old women, particularly those who know a great deal of herbal lore, are thought to be witches. Aggressive or bold women may also be suspected, particularly women who are able to dominate their husbands. Such women are often thought to have bewitched their husbands with *toloache*, a local herb. It is interesting to note that some of the young girls who have studied outside the village, and who live by urban standards, are also suspected of being witches by a large portion of the population. One such girl married a boy in the barrio of Los Reyes and was accused of being a witch by her mother-in-law on the ground that she refused to behave like a good daughter-in-law and continued to see her former school friends.

Sorcery is used in courtship by unsuccessful suitors. The leg of a beetle is introduced into a drink to arouse the passions of an indifferent girl, or a powder made from skulls may be thrown on the palm of a woman's right hand or on her head, or into her food or drink. Foods which spoil too quickly are often believed to contain some powder meant for sorcery. A young Tepoztecan schoolteacher who received a gift of apples from a pupil was very much alarmed when she noted that the fruit rotted the very next day, and she suspected the child's family of trying to bewitch her. The most feared type of sorcery is that in which an image of the victim is fashioned out of his soiled clothing and pierced with a pin in the region of the heart or head to bring about his illness or death. To be doubly certain of success, the doll may be thrown into an anthill, so that *los aires* will also attack him.

Almost any unusual illness, but particularly swelling of the head or joints, may be attributed to sorcery by the local *curanderos*. A bewitched person usually leaves the village in the belief that he is no longer safe there and can be cured only away from the sorcerer. In such cases, Tepoztecans generally consult *curanderos* of wide repute in Yautepec or other towns and may spend several hundred pesos to undergo a cure. However, mild symptoms of sorcery or illness due to supernatural elements may be treated within the village by use of prayer, holy water, local herbs, ritual "cleansing," and by consulting certain local healers who go into a trance and converse with spirits to get a diagnosis and prescribe a cure.[11]

[11] This may be an element of African culture introduced into Tepoztlán by Negro slaves.

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754 The most celebrated healer in Tepoztlán is one Rosalino Vargas, known as
756 Don Rosas. He is believed to be a powerful sorcerer and is feared by many of the villagers. Some people claim to have seen him riding through the town at midnight wearing a long black cape, with sparks issuing forth from his eyes and mouth. Don Rosas, who often uses the fear he inspires to his own advantage, has several enemies, at least three of whom made attempts to murder him in recent years. Don Rosas is wealthy and has a flourishing practice. He has seven female assistants; there is much gossip to the effect that these women are his paramours who sleep with him in turns, one for each day in the week. Don Rosas' loyal clientele insist that the seven women help him treat the sick and perform a series of mysterious devotions which he practices nearly every night.

755 The technique employed by Don Rosas on his patients contains an interesting
787 combination of Catholic, pagan, and possibly African elements. He does not deal directly with a patient but gets information concerning the nature of the illness through an assistant who questions the patient. After the conference the patient is taken to a room which resembles a chapel in that it has an altar and images of saints. The patient is seated on a chair close to a heavy curtain behind which sits Don Rosas. The visitor is given an image of a saint to hold while the *curandero* prays and goes into a trance. When he is "as if dead" an assistant wafts incense smoke toward him and he begins to speak, as though from a deep sleep, telling what illness the patient is suffering from. Whether or not a cure is possible is determined by a glass of water which has been placed among the images near the incense burner. If the water turns white there is hope for a cure, if black there is none. If a remedy is possible, Don Rosas then points out the necessary steps to protect the individual and his family from the enemy who is provoking the symptoms.

755 The patient must drink a sweet-sour tasting liquid, prepared by Don Rosas and stirred with a metal cross. The patient then pays two pesos for the cure but first must "cleanse" himself with the bills in the parts of his body which give him pain, and leave the money on the altar. Before leaving, the patient is given additional medicines to take each night and is generally advised to "cleanse" himself with very hot herb applications. More medicine is given as needed without charge and the patient is advised that the medicine must never be placed on the ground since it would lose its potency. Some patients need several consultations, all of which are conducted in the same manner, before they feel well again.

[754] The traditional remedies for evil eye and *espanto* (fright) involve a combination
[753] of folk beliefs, ancient herbal lore, and Catholic practice. A child is believed to be the victim of the evil eye if he comes home crying and very much disturbed. An egg is broken into a glass and if a long eye-shaped spot appears on the yolk, the person who put the eye upon the child is a man; if the spot is round, it is a woman. The child's clothes are changed and he is "cleansed" with a soiled kerchief or shirt if the guilty person was male, and with an apron or *rebozo* if a female. Some children are cured by being "cleansed" on their foreheads, with the tongue making the form of a cross.

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Espanto or fright, an illness which leaves children sad and pale, is cured by women who can "lay the shadow" that afflicts them. These *curanderos* keep a supply of powdered cedar, palm, and blessed laurel which they throw on the forehead, breast, wrists, palms of the hand, nape of the neck, and into the nostrils of the sick child. While this is being done the woman prays the Credo, and at the end holds the child's head and cries out that the shadow should withdraw and that the child no longer need be frightened. Some cure *espanto* by having the priest pray the gospel over the child in the presence of the child's godparent of the same sex. 755 [753]

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As the couple grow older, the husband may make the selection, and often friendship, rather than higher economic status, dictates the choice.

Godparents address their godchildren in the familiar *tú* and are addressed in turn by the respectful *Vd.* Traditionally, the godchild had to kiss the godparent's hand at each meeting, but this is no longer common. It is customary for the godparent to offer the child a few centavos upon meeting. But the obligations of the godparent are many. They must assist at the baptism, purchase the child's clothing for the occasion, and pay the fee to the priest. They also accompany the mother and child to the *sacamisa*, or first Mass, which should take place forty days after the birth of the child. If the infant dies they arrange for the wake, dress the child appropriately for burial, and contribute to the expenses of the musicians at the funeral. One of the obligations of the godparent is to urge their *compadres* to send the child to school. If the child learns bad habits or otherwise needs correction, the parents may call upon the godparents to scold the child.

The godparents of confirmation are generally selected by the godparents of baptism, and occasionally the latter may accept both roles. The godparents of marriage are also important figures. One of their functions is to act as mediators between the couple, in case of quarrels or separations.

One of the distinctive aspects of the *compadre* system in Tepoztlán, and in Mexico as a whole, is the way in which the godparent relationship has been extended far beyond the original Catholic forms. In most of Spain there are only two or three types of godparents, popularly those of baptism, communion, and confirmation. Not so in Tepoztlán. In addition to the types mentioned above, Tepoztecans also have the following: *padrino de miscoton*,[6] *padrino de medida o listón*,[7] *padrino de evangelio*,[8] *padrino de escapulario*, *padrino del niño Jesús*, and others. It would seem that Tepoztecans have utilized every possibility for extending the godparent relationship. This may be a reflection of their seeking security through the extension of ceremonial kinship, for in most of the above cases a *compadre* relationship is formed.

The godparent system has also been extended to secular activities. At soccer and basketball games in the village, each team has its godmother who dresses in white, carries flowers, and acts as the sponsor of the team, handing out the prizes to the winners. At social dances there are also godmothers who act as chaperones for the young people.

Compadres address each other with the respectful *Vd.* and avoid intimacies. They may not drink together, discuss sexual matters, or tell dirty jokes. It is a respect relationship and in this lies its strength. *Compadres* will often exchange favors, and

[6] The term *miscoton* is Náhuatl and refers to a small sweater which the godparent places on the godchild as a protection against illness.

[7] The *medida o listón* refers to a small piece of ribbon which has been blessed by the priest and is placed on a sick child as a charm against evil.

[8] This godparent is also chosen for a child who is ill. A woman of the world is preferred a woman with a "hard heart." By going to church and saying a prayer, she becomes the child's godmother.

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751 bag of chile seed as protection from other diseases. Babies in all families wear little
854 caps for seven months to protect them from *los aires* or, as the more modern mothers say, from cold drafts.

753 Anyone coming in from the street must "cool" for awhile before going to see
854 the baby because they may be "hot" and make the child ill. If the father of the child has committed adultery and then comes home "hot," he must be particularly careful to "cool," lest he give the child an eye inflammation. Sometimes jealous wives will accuse adulterous husbands of selfishness on the ground that they are endangering the infant's health. Children are rarely taken into the street during the first four months, or until their caps are removed, for fear of *los aires*. More modern families take their children out earlier.

[774] Every child is believed to have a *tonal* or *sombra*, something akin to a guardian spirit which protects him from illness. A weak child has a weak *tonal;* a robust child has a powerful *tonal*. A child's illness is sometimes attributed to the fact that his *tonal* has left his body and must be called back if he is to be cured. In such cases [755] of spirit-loss, a special *curandero* is called in to "lay the shadow." Incense is burned while the *curandero* cures the child.

851 Babies are usually baptized within the first week after birth. An infant who is
608 expected to die is baptized on the same day, otherwise most parents prefer the third day. Children born out of wedlock or under abnormal circumstances may not be [848] baptized until many months or even one or two years later. Godparents of baptism are selected before the birth of the child. While the couple is young, their parents, generally the husband's parents, select the godparents, who are usually though not necessarily a married couple. Later, the husband alone makes the selection. The husband's mother or some older woman in the family goes to the house of the prospective godfather and makes the formal request, "Would you be so kind as to take a child to be baptized?" If the answer is in the affirmative she thanks them and says that she will return to let them know when the baptism will be. Sometimes the person refuses the request, pleading that he is too old or ill or cannot undertake new obligations, in which case he may suggest the name of a relative.[1] When the grandmother making the request returns, she carries two branches of white flowers and two four-ounce candles. On the day of the baptism, the child, his father, and grandmother meet the godparents inside the church. The godmother holds the child during the baptism and pays the priest's fee, which is from five to ten pesos. At the door of the church the godparents distribute small coins to all the children who happen to be gathered there, and every one returns to his respective home. On the following day the child's family brings a gift usually consisting of bread, sugar, chocolate, and milk to the godparents.

[1] Theoretically, an invitation to become godparent is a high token of esteem and respect, and the acceptance of it creates a deep obligation. However, it is an honor which is frequently rejected. There are many stories of parents choosing a godfather for selfish motives. For example, many parents are said to seek a childless couple who have some property, in the hope that their child will inherit it at the death of the godparents.

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closes when touched, is sometimes placed under the child's pillow to make him stop crying and go to sleep. Sometimes the leaf of the *sapote blanco* may also be used. When a small child cries because he is *chincual*, or irritated in the rectum, the small berries of the *tohcachichi*[4] are put into the rectum to stop the crying. If a child is restless and sleepless because of diarrhea, his abdomen and buttocks are rubbed with hot tallow, into which has been mixed the powdered flower of the *cemparochitl*, and then wrapped in a hot cloth.

Children are, for the most part, not hurried in their development. A healthy child is expected to walk at about one year and to talk at about two years. If the child does not walk by that time, some parents rub his leg and calf muscles with earth warmed by the sun, to remove the "cold" from his legs. More acculturated women may help their children learn to walk by placing a sash under the arms for support or by putting a toy before them. Children are only mildly encouraged to speak, by repeating words to them. There is little correction of childlike errors in speech, such as substituting "y" for "r" or omitting "s," or misplacing syllables, so that errors persist until the child is five or six years of age. If a child cannot speak by the time he is three or four, a church key may be borrowed and turned in the child's mouth to "unlock" it. It is believed by many that the fingernails of a child should not be cut until he begins to speak, because the palate will fall and the child will be mute. To prevent children from scratching themselves with their long nails, some mothers put little mittens on their hands. When teeth are late in coming, the gums may be rubbed with a grasshopper's leg until the gums bleed. This is an old practice and is no longer known by many of the younger people. It is also believed that a child's hair should not be cut before one year, or the child will become ill.

Most mothers prefer a quiet child to an active one and do not encourage children to be independent. It is considered careless and neglectful to permit children to crawl on the floor or in the dirt, and few mothers put their infants down for more than a moment. This attitude is in part due to the fact that children who crawl are more troublesome and need watching, and in part because there is usually no clean, safe place in which a child may crawl. Inside the house or in the patio there is always danger from insects and animals. Women point out that infants who are allowed to crawl about unobserved almost always suffer from chronic diarrhea, worms, and intestinal diseases. Mothers who have no one to help them often put their small children into a large box while they do their work. In the past a busy mother tied her child to a stake and let him play on a *petate*, but this is no longer done.

All infants in Tepoztlán are carried almost every waking moment up to the time they begin to walk. Children are carried a great deal even after they can walk and not infrequently until they are three and four years old. In Tepoztlán, children are not cradled or slung in the *rebozo*, as in some parts of Mexico, but are held in

[4] *Solanum nigrum.*

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753 862 [843] [755] body, diarrhea, loss of appetite and weight, pallor, and weakness. In fact, almost any symptom or illness during this time is called *chipilez*. It is said that husbands become sleepy and do not want to work. A husband can be cured by wearing a strip of his wife's skirt around his neck.

In the case of children, there is no known cure, and mothers try to comfort the child with more attention. Grandmothers often advise against too much kissing and embracing of the child when he is *chipil* because it "makes the burden heavier." Indeed, the greater attention required by the sick child makes more difficult his later adjustment to the withdrawal of the mother at the birth of the next baby. It [843] is said by some that if a child is very *chipil*, the next baby will be of the opposite sex, and if the child is not very ill, the next baby will be of the same sex.

[165] Sometimes a *chipil* child dies before the birth of the next child, and several families attribute as many as four or five deaths of children to *chipilez*. From the symptoms and number of deaths, and from the obvious relation to weaning, it is highly probable that many cases of *chipilez* are due to nutritional deficiencies or intestinal parasites. Most children and all husbands recover at the birth of the new baby, for, it is said, "Tlayish qua mak awa," (the weight is lifted).

EARLY CHILDHOOD

855 The transition from infancy to childhood is characterized by the breaking of the close ties between the mother and the youngest child. This process begins at weaning and generally culminates with the birth of the next sibling. As we have seen, in this interval of from two to four months, most children become *chipil*, losing their symptoms after the birth of the baby. Other children continue to be ill, sometimes for several months or even years. This illness reflects the widespread 593 sibling rivalry which exists among children.

855 Children in Tepoztlán are not prepared for the arrival of a new sibling. When delivery is expected, the children of the house are sent to sleep with the grandmother or a relative or neighbor. When they return home the next morning they [864] are told their parents have bought a new baby, and they are shown their new brother or sister. The initial reaction of the children may be one of pleasure, curiosity, or apprehension, the latter particularly on the part of the younger children. Older girls often express displeasure, and some even scold their mothers for buying a new child because the burden of raising it usually falls upon them. A girl of thirteen said to her mother after the birth of another child, "You cannot even buy us good food or shoes. Why did you buy another child?"

855 865 Jealousy and hostility on the part of the other children, particularly the younger ones, are so common as to be considered inevitable and normal. Children often call the baby names and, if not watched, may slap, pinch, or throw him on the ground. Small children, too, scold their mother for buying the infant and beg her to return him. A mother said that her four-year-old son used to stand at the gate and call to passers-by to take away his little sister. Jealous children are often regarded with amusement by adults, but striking the infant or mother in jealousy is quickly

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796 *Fiesta of Sixth Friday of Lent or Viernes de Dolores,* celebrated in the parish church: Fasting is required. This is the beginning of Holy Week.

[785] *Fiesta of Sábado de Dolores,* celebrated in the parish church: This is celebrated with holy offices and a Via Crucis procession.

778 *Fiesta of Palm Sunday,* celebrated in the parish church: This is a very important holiday. Tepoztecans take palm leaves to be blessed by the priest. It is believed that blessed palm protects against lightning. Ashes of blessed palm placed upon the head are thought to cure bad headaches. Blessed palm is also placed at the door of the house to prevent fires and being struck by lightning.

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Fiesta of Holy Monday and Holy Tuesday, celebrated in the parish church: These are days of great devotion. The religious associations are very active, visiting the church and barrio chapels. Many Tepoztecans choose these days for their annual confession.

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Fiesta of Holy Wednesday: Rigorous fasting begins. Meat is not eaten until the Saturday of Glory. Substitute foods are beans, *huauzontle, tortas,* stuffed peppers, fish, *revoltijo,* and lentils. All work must stop through the Sunday of Resurrection. Women prepare tortillas for the rest of the week. In the evening is the vigil of the Lord, the men taking turns all through the night. Women customarily go to church in the late afternoon to pray the thirty-three Credos, one for each year of Jesus' life. It is believed that those who do this will triple their earnings during the year.

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Holy Thursday: The church is full on this day. The priest dramatically describes the passion of Christ, and crying on the part of women is common. Not to do so is "to have a cold heart." In the afternoon is the ceremonial foot-washing of the apostles.

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Holy Friday: This is the culminating day of Holy Week. Throughout the village there is profound quietude. No one must run or shout or use bad words, so as not to offend the Lord. The men silently drink their *pouche* together while the women, dressed in black, go to church. On this day, children are not to be struck, for "it would be striking the Lord."

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Holy Saturday: At 7:00 A.M. the faithful of the village and the municipio go to the church where the priest pronounces the "Gloria in Excelsis Deo." With this all the bells, which have been silent since Wednesday, are rung, and joy spreads through the village. While the bells ring, old men trim their plants so that they will produce more, mothers snip the ends of their daughter's hair to make it grow longer, and children are struck on the legs to make them grow taller. Two or three *comparsas* are organized to dance on this day.

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Easter Sunday: Everyone dresses well and goes to Mass. Sometimes the *chinelos* leap in the afternoon. People stand in little groups in the plaza, and men drink a great deal.

April 29. *Fiesta of San Pedro,* celebrated in San Pedro: The only unusual feature of this fiesta is the group of children who dance for San Pedro.

May 1-31. All this month is dedicated to the Virgin Mary, and *rosarios* are held every afternoon. Girls from seven to fifteen years of age dress in white and bring flowers to the Virgin.

May 3. *Fiesta of Santa Cruz,* celebrated in Santa Cruz: This fiesta is celebrated not only in this barrio but in all homes and places having crosses. All crosses are adorned with flowers, especially Bougainvillaea. Incense is burned, and fireworks are set off. This fiesta is also celebrated in Ixcatepec, but is postponed until the following Sunday in deference to the barrio of Santa Cruz. It is one of the best attended fiestas. There are cockfights and visiting dancers from Yautepec and Milpa Alta.

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some Tepoztecans had visited the federal Public Health Station in nearby Cuernavaca, and a few of the local midwives had received some instruction from public health nurses.

For the majority of people, however, indigenous folk medicine as practiced by curanderos is still the dominant form of medicine. Thus, the traditional remedies for "evil eye" and "fright" involve a combination of folk beliefs, ancient herbal lore, and Catholic practice. A child is believed to be the victim of the evil eye if he comes home crying and very much disturbed. An egg is broken into a glass and if a long eye-shaped spot appears on the yolk, the person responsible for putting the eye upon the child is a man; if the spot is round, it is a woman. The child's clothes are changed and he is "cleansed" with a soiled kerchief or shirt if the guilty person was male, and with an apron or shawl if a female. Some children are cured by being cleansed on their foreheads, with the tongue making the form of a cross.

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The most celebrated healer in Tepoztlán is one Rosalino Vargas, known as Don Rosas. He is also believed to be a powerful sorcerer and is feared by many of the villagers. Some people claim to have seen him riding through the village at midnight wearing a long black cape, with sparks issuing from his eyes and mouth. Don Rosas, who often uses the fear he inspires to his own advantage, has several enemies, at least three of whom made attempts to murder him in recent years. Don Rosas is wealthy and has a flourishing practice. He has seven female assistants; there is much gossip to the effect that these women are his paramours who sleep with him in turn, one for each day in the week. Don Rosas' loyal

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177 Although he does not hold any official municipal position, Don
743 Rosas is a tremendous power in Tepoztlán because of his prestige
[554] and renown as a curer. There is little doubt that the introduction of a medical clinic in the center of his own community did not